



PennState

College of Health and
Human Development

Nutritional Sciences



**Black Bean
Brownies**

Black Bean Brownies

INGREDIENTS:

- 1 15.5-ounce can black beans, rinsed and drained
- 3 eggs
- 3 tablespoons vegetable oil
- ½ cup cocoa powder
- 1 pinch salt
- 1 teaspoon vanilla extract
- ¾ cup white sugar
- 1 teaspoon instant coffee
- ¾ cup milk chocolate chips

DIRECTIONS:

1. Preheat oven to 350 degrees F (175 degrees C). Lightly grease an 8x8 square baking dish.
2. Combine the black beans, eggs, oil, cocoa powder, salt, vanilla extract, sugar, and instant coffee in a blender; blend until smooth; pour the mixture into the prepared baking dish. Sprinkle the chocolate chips over the top of the mixture.
3. Bake in the preheated oven until the top is dry and the edges start to pull away from the sides of the pan, about 30 minutes.
4. Once the brownies are done, take a photo and share it with us on social media by tagging [@pennstateNUTR](#).